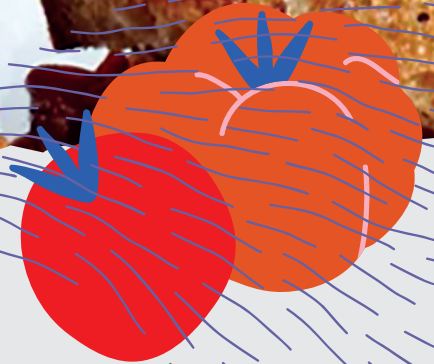
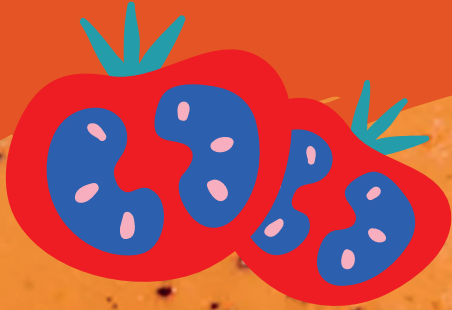


15-Minute Cream of Tomato Soup

COST	DIFFICULTY	TIME
CHEAP	EASY	QUICK
AFFORDABLE	MEDIUM	MEDIUM
EXPENSIVE	HARD	LONG



About

This is an easy and comforting soup recipe. It's like a tinned tomato soup but you can feel proud of yourself for making it from scratch. It is a good option if you have a little bit of extra time to spare and want to practice your cooking skills.

Appliances needed

Hob

**INSPIRING
FUTURES**

**Barking &
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Ingredients

- 1 garlic clove
- 2 tins of chopped tomatoes
- 1 tablespoon of oil or butter
- 1 teaspoon of dried mixed herbs
- 200ml whole or semi-skimmed milk or half of a tin of coconut milk
- 1½ teaspoons white sugar
- A sprinkle of salt
- For a spicy version add 1 chili, or some siracha sauce

Equipment

- chopping board
- a sharp knife
- tin opener
- measuring spoons
- medium saucepan
- wooden spoon
- blender (stick is best)
- garlic crusher

Method (steps)

1. Peel the papery skins off the garlic clove.
2. Use a garlic crusher to crush the garlic cloves or chop into little pieces using a small knife
3. Measure 1 tablespoon of oil or butter into the medium saucepan. Turn on one ring of the hob onto a medium heat and put the saucepan on the hob.
4. Add the crushed garlic to the saucepan and stir when it cooks. Count to 30 while you do this.
5. When you have counted to 30, pour the chopped tomatoes from their tins and into the saucepan.
6. Add the 1 teaspoon of dried mixed herbs into the saucepan and the chilli if you are using it.
7. Wait for the mixture in the pan to start bubbling. When it starts bubbling, set a timer for 5 minutes. Keep stirring the soup while you wait for the timer.
8. After 5 minutes, turn off the heat and add the milk. If you are using milk, measure 200ml by filling half of one of the empty chopped tomato tins. Pour it into the saucepan. If you are using coconut milk, open the tin using your tin opener and pour half of the coconut milk into the saucepan. Pour the rest of the coconut milk into a plastic tub and put into the fridge for a different meal.

9. Add the 1½ teaspoons of sugar to the saucepan.
10. Add a sprinkle of salt to the saucepan.
11. Plug in a stick blender and push the blending end deep into the soup mixture in the pan. Turn on the blender and blend the soup carefully until it is smooth
12. Serve the soup into 2 deep bowls. Put the buttered bread on a plate on the table to share.



Serving suggestions and alternatives

- Add red lentils for a protein rich soup: put 100g red lentils in a bowl and heat in the microwave for 15 minutes, while you cook the soup. When the soup is ready, stir in the cooked lentils (they should be soft)
- Serve with buttered bread or a cheese toasty
- For an Italian twist, top with fresh basil leaves and parmesan cheese
- Top with feta cheese and some balsamic vinegar for a Greek flavour, or any cheese you like

This recipe is from 'Cook as You Are' by Ruby Tandoh, a 10-recipe mini easy-read cookbook. Every recipe has step-by-step photos and simple instructions with lots of photos.

Free to download, print and share!

